



A MINUTE OF HEALTH WITH CDC

Sleep On It

National Sleep Awareness Week — March 7–13, 2011

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

If you're sleepy during the day, you're not alone. Approximately one in three adults in the U.S. doesn't get enough sleep. Insufficient sleep contributes to car crashes, depression, obesity, and high blood pressure. Most adults need seven to nine hours of sleep a day, while children and adolescents need even more. To improve your chances of getting a good night's sleep, maintain a regular sleep schedule. Create a comfortable sleep environment that's cool, dark, and quiet. Avoid caffeine, alcohol, and stimulating activities, such as exercise and computer use, before bedtime. If you're still not getting enough sleep, talk to your health care provider.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.